



Welcome to the Apex Simms Street Center!

We are excited to have you and your child in our program! At this center we offer gymnastics, dance, cheerleading, pottery, fused glass and pickleball! If you have any questions or concerns while you are taking a gymnastics, dance or cheer classes, please contact Brook-Lyn Kuhnle, Program Coordinator, at 303-467-7127 or [brook-lynk@apexprd.org](mailto:brook-lynk@apexprd.org).

Below you will find extremely important information regarding classes, building policies, upcoming events, etc. **Please hold on to this letter for the entire session.** If you happen to lose it, the information is also posted online at [apexprd.org](http://apexprd.org) under the gymnastics/dance/cheer section.

While you are in the building, we ask that you adhere to the following:

## **Guidelines:**

1. **Only kids who are enrolled in classes are allowed to go on the equipment or in the dance room or preschool gym. This includes siblings staying out of pit. Parents and extra children must remain in the seating area AT ALL TIMES (including before and after class). Please plan accordingly.**
2. Participants are not allowed on the equipment without Instructor permission and supervision.
3. Proper use of equipment is required at all times. Unsafe practices are not allowed.
4. **ABSOLUTELY NO FOOD OR DRINK BESIDES A WATER BOTTLE ANYWHERE IN THE GYM, DANCE ROOM OR PRESCHOOL GYM AT ANY TIME.**
5. No shoes in the gyms. Please place them in the cubbies before you enter the gyms.
6. No street shoes in the dance room please. Dancers must wear ballet, tap, jazz or dance sneakers to class. They are also welcome to dance in their bare feet.
7. Please inform your instructor if your child has any ailments or special needs so we can be aware and take the appropriate measures to make your child safe and comfortable.
8. Please make sure your contact information is correct in our system. If there is an emergency, we will contact the Primary Guardian listed on our roster. Any person listed in your Apex Household will be allowed to take your child home, unless permission is given otherwise.
9. In case of bad weather or any unforeseen circumstances causing us to cancel a class, we will proceed with the following:
  - a. Email everyone on the roster informing them of the cancellation.
  - b. Call anyone who does not have an email.
  - c. Post the cancellation on the Apex website ([apexprd.org](http://apexprd.org)).
  - d. Leave an outgoing message stating the cancellation at 303-467-7127.
  - e. Follow up the next day with information regarding a make-up class.
10. Instructors are not allowed to take your children to the bathroom. If you plan to leave during your child's class, you must find another adult to be responsible for your child.
11. **NEW POLICY:** Parents are required to pick up kids from their class room. Kids will not be allowed to wait in the hallway or out front for parents. Kids will not be released from the room without a parent or guardian present.
12. We offer FREE WIFI at the Simms Street Center! If you wish to use it, our password is "simmsstreet."

## **IF YOU MISS A CLASS**

We do not offer make up classes. Instead as a courtesy, if you miss a class, you are welcome to get a make-up coupon from your instructor that allows your child to attend Drop In Gym (Age 6-18) or Pint Size (Age 6 months-5 yrs) for free. This coupon must be retrieved within two weeks of missing class, and may only be used for the current session. **DROP IN COUPONS ARE HANDED OUT AS A COURTESY TO CUSTOMERS.** We do not offer make-up classes or provide refunds for any missed classes. Please plan ahead of time and attend all sessions within your registered dates.

**SICK POLICY:** If your child is sick, please do not bring them to class, especially if they are contagious. Please get make up coupon to attend Pint Size or Drop In.

## **ATTIRE FOR CLASSES**

**Girls Gymnastics:** Leotards are preferred. Hair must be tied back. Tighter fitting clothing is required due to safety precautions. Absolutely no shoes, socks, or footed tights during class. No clothing with buttons or zippers. No jewelry.

**Boys Gymnastics:** T-shirt and shorts are preferred. No clothing with buttons or zippers. Absolutely no shoes or socks during class.

**Dance:** Moveable clothing recommended. Ballet shoes are recommended and Tap shoes are required for ballet and tap classes. Tennis shoes or dance shoes recommended for all other classes. No street shoes allowed. Hair must be tied back. No clothing with buttons or zippers. No jeans.

**Cheer:** Comfortable clothes. No jeans or anything with buttons or zippers. Clean tennis shoes must be brought to every class. Hair must be tied back.

## **Lesson Plans for Gymnastics**

Our instructors shall accomplish teaching all of the skills on the skill sheet in order of progression within the session for gymnastics. If you wish to know what skills your child needs to accomplish in order to move up to the next level, please see the skill sheets posted in the hallway. Please see your Instructor if you have questions.

## **Dance Lesson Plans**

Dance lesson plans are based on the type of class, the age of the child and the progression of learning. Generally, each class should spend time warming up and stretching out, reviewing previous skills, teaching new skills, a small combination and working on the recital routine. If you have questions, please see your Instructor.

## April - May Information

**7-week session: April 3 – May 20, All regular classes with a mini meet for Pre-tumblers 3-Pre-Team and a recital for mini mouse dance – cheer classes. Pre-Tumblers 1 and 2 have 7 regular classes (no formal mini meet).**

**6-week session: April 3 – May 13, Parent/Tot, Movin' & Music, Shake It Up**

**NO CLASS DATES: No regular classes for pre-tumblers 3 – pre-team May 15-20.** The Recital or Mini Meet will take place of your last class. Level 3 and Pre-Team that attend twice a week will have one last practice Wednesday, May 17 only. CARA will practice as usual. Boys level 3/CARA will have regular class Tuesday, May 16 and their at 6:10 on Thursday May 18.

### **PINT SIZE PLAY TIME \*NEW TIMES\* READ CAREFULLY** **April 3 – May 18**

No Pint Size: **May 19-20**

MON 10-11A, 12-1P  
TUES 10-11A, 12-1P  
WED 9-10A, 12-1P and 2-3P  
THURS 10-11A, 12-1P  
FRI 9-10A, 12-1P and 2-3P  
SAT 10-11A

**\$4/child** : Ages 6 months-5years (Ages are strict). There will be an Instructor in the gym to help supervise, but parents are required to stay and are responsible for watching their children. Pint Size fills up at 25 children, please arrive early to ensure a spot.

### **DROP IN GYM \*NEW TIMES\* READ CAREFULLY** **April 3 – May 18**

No Drop In: **April 16 and May 20-21**

TUES 8:45-9:45P  
THUR 8:45-9:45P  
SAT 8:00-9:00A and 3:05-4:00P  
SUN 3-4P

**\$5/ child**: Ages 6-18. Parents must sign kids IN and OUT. Drop in dates will be changed each session. Please check [apexprd.org/gdc](http://apexprd.org/gdc) or email [brook-lynk@apexprd.org](mailto:brook-lynk@apexprd.org) for current information. Current flyers will be posted at the Simms Street Center. Drop In fills up at 20 children, please arrive early to ensure a spot.

### **NEXT SESSION:** **Registration is open now!** **June 5 – July 29**

Classes fill up quickly!! Please register early as classes will be canceled one week prior to their start date if the minimum participant requirements are not met. All gymnastics classes are evaluated with skill sheets. Please see your Instructor for next recommended level.

**END OF THE SESSION EVENTS  
(TAKES PLACE OF LAST CLASS FOR PRE-TUMBLERS 3 – PRE-TEAM)**

**Reminder Flyers will be handed out Week 6**

**GYMNASTICS CLASSES**

The Mini Meet will take place of your child's last class for pre-tumblers 3-Pre-Team. (No regular classes for levels Pre-Tumblers 3 – Pre-Team May 15-20). Girls Level 3 and Pre-Team that practice twice a week will attend on Wednesday, May 17 only. CARA will practice as usual. Boys level 3/CARA will have regular class Tuesday, May 16 and their mini 6:10 on Thursday, May 18. The Mini Meet is held at the Apex Simms Street Center, 11706 W. 82<sup>nd</sup> Ave, Arvada, CO 80005.

**\*\*\* NEW SCHEDULE \*\*\***

**Gymnastics Mini Meets**

**Monday, May 15 – Saturday, May 20**

**Pre-Tumblers 1:** Regular scheduled class day and time

**Pre-Tumblers 2:** Regular scheduled class day and time

**Tuesday, May 16**

**Boys Level 1:** 4:00pm-5:00pm

**Boys Level 2:** 5:00pm-6:00pm

**Thursday, May 18**

**Girls Level 1 (Mon, Sat & Tue classes):** 4:00pm-5:00pm

**Girls Level 1 (Thur & Fri classes):** 5:00pm-6:00pm

**Boys Level 3/CARA:** 6:10pm

**Saturday, May 20**

**Pre-Tumblers 4/Hot Shots:** 9:00am-9:30am

**Pre-Tumblers 3:** 10:00am-11:00am

**Girls Level 2:** 11:15am-12:15am

**Lunch Break:** 12:15pm-1:15pm \*Gym will be closed during this time\*

**Girls Level 3:** 1:30pm-3:00pm \*\*\*Doors will open at 12:30pm\*\*\*

**Girls Pre-Team:** 3:00pm-4:30pm

Pre Tumblers 3-Level 2 will be doing an exhibition only; they will not be competing. Girls Levels 3 & Pre-team will compete for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals within their own level. Everyone will receive a score card and a participation ribbon.

**DANCE AND CHEER CLASSES**

The Recital will take place of your child's last class. (No regular classes dance classes May 15-20).

All recitals will take place at the **Community Recreation Center, 6842 Wadsworth Blvd. Arvada, CO.**

Please read below to find your child's performance time in **bold**. (The day before the class title is the day your child attended class. The bolded day and time that is listed below is their recital day and time). Please arrive 15 minutes early.

**Dance Recitals**

**At the Community Recreation Center  
(6842 Wadsworth Blvd.)**

**Thursday, May 18**

**5:45pm**

Monday Mini Mouse Dance  
Thursday Mini Mouse Dance  
Saturday Mini Mouse Dance (8:10am Class)  
Monday Twinkle Toes Ballet & Tap  
Friday Twinkle Toes Ballet & Tap  
Monday Beginner Ballet & Tap  
Friday Mini Dance & Cheer  
Friday Youth Jazz/Pom Combo Class  
Wednesday Poppin' Rockstar

**7:00pm**

Tuesday Intermediate Ballet & Tap  
Wednesday Twinkle Toes Ballet & Tap  
Saturday Twinkle Toes Ballet & Tap  
Wednesday Beginner Ballet & Tap  
Monday Superhero Dance  
Monday Cheer Stars  
Wednesday Pretty Princess Dance  
Tuesday Mini Dance & Cheer

**Friday, May 19**

**5:45pm**

Tuesday Mini Mouse Dance  
Friday Mini Mouse Dance  
Saturday Mini Mouse Dance (9:45am Class)  
Tuesday Hip Hop (4pm Class)  
Advance Jazz/Hip Hop  
Tuesday Twinkle Toes Ballet & Tap  
Tuesday Beginner Ballet & Tap  
Monday Pretty Princess Dance  
Apex Dance Team

**7:00pm**

Tuesday Hip Hop (5pm Class)  
Advance Ballet & Lyrical  
Thursday Twinkle Toes Ballet & Tap  
Friday Beginner Ballet & Tap  
Saturday Intermediate Ballet & Tap  
Saturday Poppin' Rockstar  
Saturday Pretty Princess Dance  
Thursday Cheerleading  
Apex Dance Team